

## Claims

Having thus described the invention, what is claimed as new and desired to be secured by Letters Patent is as follows:

### Listing of Claims:

5           Claims 1-9 (canceled)

          Claim 10: A football kicking training aid-consisting in combination of:  
          a football having two tapered ends and a central section progressively  
enlarged between the two ends, said football having at least one patch attached  
thereon, said at least one patch positioned on either of said tapered ends of said  
10   football, said at least one patch having a plurality of male or female mating  
fastener elements thereon,

          a flexible thimble having a lateral area, said thimble having a pad  
attached thereon, said pad covering said lateral area of said thimble, said thimble  
allowing a user to insert a finger into said thimble wherein a fingerpad of said  
15   finger is positioned adjacent to said pad, said pad having a plurality of mating  
fastener elements thereon complementary to said mating fastener elements on  
said at least one patch, said mating fastener elements on said pad releasably  
engaging said mating fastener elements on said at least one patch,

          wherein said mating fastener elements disengage from said  
20   complementary mating elements upon a player kicking said football.

          Claim 11 (cancel)

          Claim 12: The device as claimed in claim **10** wherein said mating  
fastener elements on said at least one patch comprise loop elements of a loop  
and hook product.

25           Claim 13: The device as claimed in claim **10** wherein said mating  
fastener elements on said at least one patch comprise hook elements of a loop  
and hook product.

          Claim 14: The device as claimed in claim **10** wherein said thimble is  
made of natural or synthetic rubber.

30           Claims 15-18 (canceled)

Claim 19: A method of training a player to support a football for kicking by another player, the method comprising:

providing a football, said football including two tapered ends and a central section progressively enlarged between the two ends, said football  
5 having at least one patch positioned on one of said tapered ends of said football, said at least one patch having a plurality of male or female mating fastener elements thereon,

providing a flexible thimble, said thimble having a lateral area, a pad covering said lateral area, said pad having a plurality of male or female mating  
10 fastener elements thereon complementary to said fastener elements on said football end patch,

positioning said football upright on a horizontal playing surface, wherein one of the tapered ends is resting on said horizontal playing surface, and the other tapered end having the at least one patch facing upwardly,

15 placing said flexible thimble on a player's index finger,

supporting said football with said flexible thimble, said pad on said flexible thimble releasably engaging said patch on said tapered end of said football,

wherein said mating fastener elements positioned on said thimble  
20 disengage from said complementary mating fastener elements on said football tip when a player kicks said football.

Claim 20 (canceled).

Claim 21: The method as claimed in claim **19** wherein said mating fastener elements on said at least one patch comprise loop elements of a loop  
25 and hook fastener product.

Claim 22: The method as claimed in claim **19** wherein said mating fastener elements on said at least one patch comprise hook elements of a loop and hook fastener product.

Claim 23: The method as claimed in claim **19** wherein said thimble is  
30 made of natural or synthetic rubber.

Claims 24-28 (canceled)